



News from
ASHBROOK COURT
CARE HOME

Dear friends

As a cosy new season approaches and our favourite autumnal activities begin once more, we have been reflecting on a glorious joy-filled summer at Ashbrook Court.



Sunshine and good times

Our residents made the most of every sunny day - of which there were plenty this year! We've been dining alfresco in the garden and starting our days with yoga to keep us limber, which was put to good use when we hosted a summer flamenco party! Our residents learnt how to dance flamenco and play the castanets! The ice cream van has been popping round to cool us all down and we had fun celebrating all things French on Bastille Day! Then as summer came to a close, our green fingered residents headed to the garden centre to get the garden ready for autumn!

Day trips



Over the last few months our residents and team members have set out on many lively minibus adventures. There have been day trips to the Maldon seaside for fresh battered haddock and chips, polished off with cooling ice creams! We visited Alexandra Palace and enjoyed panoramic views of London from the hillside when we popped to the Ally Pally Garden Centre for lunch. We even enjoyed a VIP experience at the The White Water Rafting Centre where our residents enjoyed a sumptuous lunch in the VIP lounge whilst watching the rafts launch. We are so lucky there is all manner of nature right on our doorstep and, with our own minibus on hand, we are only a short ride away!



Celebrating our superheroes

Our residents together with their loved ones recently celebrated our team who together make such a difference to their lives every single day! We are always looking for fun and heartfelt ways to recognise and reward those who make our home joyous and our residents' days purposeful. So, we hosted a wonderful event that brought everyone together for a day of music, dancing, food and fun! Each team member was also presented with a personalised water bottle, a pin badge and thank you card with meaningful messages from residents and their families as to why they make life at Ashbrook Court extra special for us all!



Animal friends



Some of our residents' most touching moments are spent in the company of our affectionate animal friends! We are blessed to work with several wonderful pet therapy charities who like to visit regularly. In recent months we have welcomed Scooby, the Stallion Miniature Horse from Performing Pets who visited every resident's room making sure we all got a cuddle with the adorable horse! We had a great time at Lea Valley Animal Adventure Park meeting a menagerie of animals and critters - residents were even brave enough to hold a Bearded Dragon and Giant snail. Such fun!



With love,
Jonathane Ribeiro
Home Manager

Ashbrook Court Care Home, Sewardstone Road, Waltham Abbey E4 7RG, Tel: 020 8016 3360

We always love reading your comments on Facebook! Here are a few recent ones:

"You are all so precious, my Dad is so happy with you. He was speaking very highly of everyone on my visit and I can feel how much he is loved at Ashbrook." Julie

"Bless you all for the great work you do at Ashbrook!" Ruth

"So lovely to see these fabulous pictures of fun times being had and lovely to see the smiles and laughter. Thank you to our Ashbrook family for looking after those we love. Xxx" Amanda



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